



Congress Abstract

Assessment of Dietary Practices in the Management of Hyperphosphatemia in Patients with Chronic Kidney Disease: A Survey-Based Study of Nephrology Healthcare Professionals

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ABSTRACT

Objective: To assess dietary practices and challenges in managing hyperphosphatemia in CKD patients from nephrology specialists' perspective. **Methods:** An online survey of 68 nephrologists, hemodialysis physicians, and nurses at the Republican Specialized Medical Center of Nephrology and Kidney Transplantation (Tashkent, Uzbekistan) evaluated dietary habits, phosphorus awareness, and adherence difficulties. Descriptive statistics were applied.

Results: 64.7% reported increased consumption of ready-to-eat foods, 70.6%—phosphate-containing products, and 82.4% noted higher patient awareness. Adherence challenges were greatest among hemodialysis patients (51–75%). Most specialists (76.5%) emphasized equal importance of protein intake and phosphorus restriction.

Conclusion: Despite improved awareness, dietary adherence remains difficult. Increased processed and phosphate-rich food consumption complicates hyperphosphatemia management, highlighting the need for enhanced dietetic support.

Keywords: Secondary Hyperparathyroidism; Hypocalcemia; Hyperphosphatemia; Chronic Kidney Disease; Bone and Mineral Metabolism; Hemodialysis; Diet